

Building Resilient Families

**Christ Church Parents and Carers
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9.00-10.00**

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Aims for today...

- To learn about resilience and its importance for child development
- Reflect on ways to be positive role models for children
- Learn ways to boost children's ability to 'bounce back' and thrive
- Reflect on ways to boost your own resilience as a parent/carer

Introductions...

Let's introduce one another-

- Your name
- Age of your child/children
- Best hopes for today?
- One strength you have as a parent/carer?
- One strength which your child has?

Some ideas for possible strengths-

'positive', 'creative', 'patient', 'kind'.....

(It's okay if you cant think of a strength right now!)

What is resilience?

- What does resilience mean to you?
- What words come to mind when you think of 'resilience'?



What is resilience?

- Is the ability to steer through life challenges and find ways to *'bounce back'* and thrive
- Resilience helps people live happier and healthier lives
- Building strengths that support resilience begins in infancy and is on-going process throughout our lives
- Children are not born with resilience but all children have the **capacity** to become resilient
- Children learn how to respond with resilience in the context of caring relationships with others at home and in the community (school, play groups, friends, church etc.)

What is resilience?



Being a positive role model

- Discuss in pairs the activity handout- think or write some examples for each line in the third column.
- Feedback to group. What was it like doing that activity? What did you notice about yourself during the discussion?

Being a positive role model

“My 6-year old son told me he had his new football stolen. I was so mad at him. I had a difficult day already at work and another deadline to meet. He came home crying and started to tell this unbelievable story that I knew made no sense. I sent him to his room and only to come out when he was ready to tell me the truth.”

-parent

Some ideas for being a positive role model

- Take care of your health
- Show understanding, compassion and kindness
- Take three deep breaths
- Be mindful of your own emotions
- Be patient
- Let go of being the 'perfect parent'- you wont always be able to fix all your child's problems or have all the answers
- Stop and re-think
- Take responsibility for your own feelings and actions in front of children- let them see you struggle?
- Use humour
- Stay positive
- Reach out for support- practice self-compassion-everyone needs help sometimes
- Reach out to help others- other parents, members of the community
- Read or tell children stories
- Anything else?

Building caring relationships

- Children learn to manage their emotions through their everyday interactions with others-relationships are key
- In the early years, children are dependent on their caregivers to help them 'regulate' their feelings.
- Over time, they learn to 'co-regulate' their feelings with trusted adults- children develop a greater understanding of emotions- both in themselves and others
- Children learn to move from 'co-regulation' to 'self regulation'- they can more effectively manage their emotions by themselves (but not always!)

Ideas for building caring relationships

- Showing empathy- recognising how a child is feeling (can include both positive and negative emotions)
- Labelling a child's feelings and validating them
 - (Validating=letting a child know its okay to feel that way)
- Helping children identify and express their feelings-
 - builds their 'emotional literacy'
- Helping children identify emotions in others-
 - 'how is Alex feeling?', 'Why do you think that?'
- Setting limits and boundaries (if needed)
- Problem solving with children-
 - encouraging and supporting them to find solutions-
 - ask helping questions- 'What would happen if you did x?'
- Giving attention and affection
- Playing with children- play can be a great stress reliever for adults too!
- What have you found helpful in building relationships?

**Lets revisit what resilience means
to you....**

Lets revisit the strengths which you may have...

- Have you been able to identify any more strengths which you have as a parent/would like to have?
- Have you been able to identify any more strengths which your child has?

Creating an action plan

- 3 most interesting things you may have learned about resilience today?
- What might you do starting tomorrow in supporting your child's resilience?
- Who might you share this information with?

Key messages from today

- Everyone has the capacity for resilience. Building resilience is something we work throughout our lives.
- Families are the most important people in children lives. They can have the biggest role to play in helping children develop resilience.
- Modeling resiliency can help children learn to ‘bounce back’ for themselves.
- Building caring relationships can help children develop their own resilience
- All children are different- there are no magic solutions or one size fits all approach- discover what works for you and your child.
- Taking care of yourself is key. Being a parent/carer can be a joyous experience but it can also bring it’s own challenges. Building your own personal resilience can help

Resources

- **Reaching IN...Reaching OUT (RIRO)**

- • Child development information
- • Tip sheets, posters, activities for building resilience
- • Children's storybook lists related to five inner strengths associated with resilience
- • Videos of parents and young children building resilience
- • Organizations offering free online parenting resources

www.reachinginreachingout.com/resources-parents.htm

- **Support in Camden**

- Details of a range of local support services can be found at Camden's Local Offer website: www.localoffer.camden.gov.uk/.
- **Families in Focus** which can offer support to families within the community, including parent support groups, monthly family trips, and parenting programmes:

www.camden.gov.uk/familysupport

Thank you!

“If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don’t have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.”

– Carol Dweck